The foods we eat may fail to keep us "fit"

A single, vital element has been found lacking in many of them

yeast

Some take it dis solved in fruit juices or in water

How to take

Some spread it on crackers

1 to 3 cakes a day-before or between meals

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GREENI OINT METALLIC BED CO.

NO-DAY it is known that wrong habits of living-lack of exercise and fresh air-are not the only cause of lowered vitality-of a "run-down" condition. Science has revealed a new, start-

One essential element-vitamine-is lacking in many everyday foods. And without this vitamine, our bodies cannot supply the energy we need.

A number of foods-especially spinachcontain this essential food-element. But many others that we eat every

day, have been robbed of it in the process of manufacture or preparation.

And the richest known source of this life-giving vitamine has been found to be the familiar little cake of yeast that is used in baking bread. For years yeast has been prescribed in hospitals

and by physicians for pimples and boilscomplaints that usually come with a "rundown" condition.

To-day Fleischmann's Yeast is being prescribed as a conditioner for men and women who are "below par," who "tire out" easily, or who lack vigor

Many people ask, "Won't yeast when eaten have the same effect as in raising bread?" No. In the body, yeast is assimilated just like any other food. It is easily digested at any time. Only one precaution is necessary; people who are troubled with gas find it better to dissolve the yeast in boiling water before taking it.

Eat Fleischmann's Yeast before or between meals-from 1 to 3 cakes a day. To secure booklet giving many interesting facts on "Yeast for Health" fill out and mail the coupon below. Fleischmann's Yeast can be obtained at al! grocers.



How many of us are 'not quite fit' morning after morning? How many grow "tired out" easily—lack the full vigor that we need for the day's duties and pleasures? Few of us indeed escape feeling "run-down" at times. For people who lack energy and vitality, Fleischmann's Yeast is a valuable conditioner-rich in life-giving vitamine. Take I to 3 cakes a day before or between meals. In acute cases of "run-down" condition. always consult your physician.

For pimples and boils

Pimples and blackheads (acne) and boils are, as a rule, the result of a "run-down" con-dition of the entire body. In leading hospi-tals yeast is being prescribed as a conditioner for these maladies. Usually cases of boils have been either cured or greatly improved within two weeks. Take from 1 to 3 cakes of yeast before or between meals if you are suffering from pimples and blackheads or from boils. In all cases of boils and in acute cases of acne, be sure to visit your

For constipation

It is recognized that ordinary laxatives cannot remove the causes of constipation. These laxatives are of three kinds: coarse substances that may injure sensitive intestines; drugs that may form a habit; oils that merely lubricate. Fleischmann's Yeast is a simple food that tends to restore the normal action of the bowels. In hospitals even chronic cases, some of years' duration, have responded. It cannot form a habit. For constipation take 1 to 3 cakes of Fleischmann's Yeast a day Always consult your physician in acute cases.

THE FLEISCHMANN COMPANY

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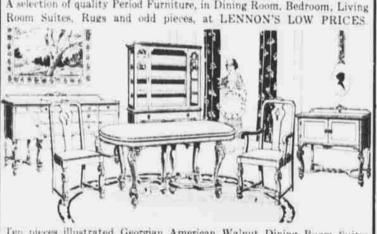
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most delicate buby skin. The trouble is too many powders are made in the old fashioned way, with rice powder. Rice powder is starchy, and, like breat flour. It is quickly turned into a globy posts by the moisture of the skin. This paste clogs the cuticle, swells in the pores, causing enlarged pores, blackheads and pimples. A spectatist makes a harmless powder by using an ingredient doctors prescribe to heat the skin. Every time you apply this improved powder you give your complexion a real beauty | souring of perspiration.

the box, certifying it does not contain white lead, rice powder or any marmful substance. This guaranteed pure powder is called La-may French, Poudre L'Amé). Because it is pure and harmless La-may is how used by over a million American women; it is now the most popular complexion powder sold in New York. Women who have used even the most expensive face powders say they can not buy a better powder anywhere at any price. There is also a La-may Talcum that prevents the

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